

VII. Sample Letters/Documents

Sample Press Release

FOR IMMEDIATE RELEASE

[Date]

Contact: [Your name and phone number]

[School's name] IS SUN SAFE

[Your city, state, date] — [Person organizing Sun Safety in your school/school name] announced today a variety of efforts **[school name]** is undertaking to encourage children and their families to be sun safe.

Most people are not aware that not only can overexposure to the sun result in painful sunburn, but also can lead to serious health problems, including melanoma. “Melanoma is the deadliest form of skin cancer,” says **[school coordinator]**.

According to the American Academy of Dermatology here are some facts you should know:

- Skin cancer is more common than all other types of cancer combined.
- One or two blistering sunburns during childhood may double the risk of melanoma later in life.
- Overexposure to the sun may lead to skin cancer, cataracts, immune system suppression, and premature aging of the skin.

[School name] suggests the following precautions to prevent sun-related problems now and later in life. Started early and followed consistently, each of these will become an easy, accepted habit, no more bothersome that fastening seatbelts every time you get in a car.

- Wear sunglasses that block 99-100% of UV radiation Sunglasses that provide 99%-100% UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts and other eye damage.
- Wear a hat A hat with a wide brim offers good sun protection over eyes, ears, face, and the back of the neck.
- Protect other areas with clothing during prolonged periods in the sun Tightly woven, loose-fitting clothes are best, but any clothing is better than none at all.
- Always use sunscreen with an SPF of 15 or higher A sunscreen with Sun Protection Factor (SPF) of at least 15 blocks most of the harmful UV rays. Apply sunscreen liberally and often while outdoors.
- Limit time in the sun during the midday hours The sun’s UV rays are strongest between 10 a.m. and 4 p.m. Seek shade when possible during these hours.

The **[week/month]** long program in **[school name]** will include **[describe activities in detail, including all information parents and community will need to know]**.



Sample Newsletter Article

Looking our best is important for all of us. When we look good we feel good. Unfortunately many of us believe we look better with a suntan. The bad news is that this way of thinking may cause one in five of us to develop skin cancer at some point in our life. The good news is that the vast majority is entirely preventable.

Experts believe that most skin cancers are caused by overexposure to the sun and, therefore, are preventable. The same is true for “photoaging” of the skin (i.e., wrinkles, age spots, thinning of the skin, and easy bruising). Compare the skin of your face or forearm (overexposed skin) to that of your stomach or underside of your forearm (less exposed skin). Do you see the difference?

There is a sun safe educational program underway in **[your school name]**. **[School Name]** urges you to practice sun protective behaviors - wearing a wide-brimmed hat, wearing sunscreen with SPF 15+, wearing sunglasses that block 99-100% UVA/UVB radiation, limiting sun exposure between 10 a.m. and 4 p.m., seeking shade when possible, and wearing long-sleeved shirts and pants.

Adapted from the Massachusetts Department of Health’s Ban the Burn Community Resource Guide. It was developed through a cooperative agreement from the Centers for Disease Control and Prevention.

Sample Newsletter Article

[School Name] Takes on Sun Safety Program

Bronze and beautiful. This is the way many in the baby boomer generation were brought up to view fashion, beauty, and good health. Pale skin and parasols were out and the “healthy tan” was in—but everything comes with a price.

[Name of school] hopes to change the notion of a healthy tan and to teach children to protect themselves from the harmful, skin damaging rays of the sun. Sunburns during childhood contribute to skin cancer and aging effects later in life. The sun safety activities teach children lifelong sun protective behaviors such as using sunscreen properly and wearing hats and protective clothing.

Acute overexposure to the sun can cause a serious burn. Unfortunately, skin damage from time spent in the sun accumulates and may not show its effects for decades. The cosmetic changes we begin to see in our 20s, 30s, or 40s are the reminders of constant build-up of damage.

Adapted from the Massachusetts Department of Health’s Ban the Burn Community Resource Guide developed through a cooperative agreement with the Centers for Disease Control and Prevention.

Sample Newsletter Article

Sun Protection — Summer and Winter

It is **[May or June]**. The temperature has finally crept above **[70]** degrees and summer is finally here. Summer camp, yard work, the beach, sports events are all activities that go along with summer. It is time to break out the sunscreen, umbrella, hat, and sunglasses for the summer. But we should not only think about sun protection in the summer. Exposed skin and eyes are vulnerable to sun damage in the winter, even though people spend less time outdoors and tend to cover up when they do go out. The reflective surface of the snow and the high altitude when doing such sports as skiing add up to an unhealthy dose of UV radiation from the sun.

Unfortunately, many people still start their spring or summer with one or two “good” sunburns to get a base to help them suntan the rest of the summer. What many people don’t realize is that damage from the sun is cumulative over one’s lifetime and three severe burns (painful burns that peel or cause water blisters) anytime in our life increases our risk of developing melanoma by as much as eight times. Sun exposure also accounts for up to 90 percent of what we consider aging of the skin and increases the risk of skin eye damage such as cataracts.

Malignant melanoma, a type of skin cancer, is the nation’s fastest growing cancer among people with light skin color. In the last decade the incidence rate has doubled. Although the risk is higher for those with very fair skin, light brown, blonde or red hair, and blue, hazel, or green eyes, others are at risk also. It is estimated 9,200 Americans will die from skin cancer in 1999.

But you can minimize your risk by wearing a hat and protective clothing, using sunscreen, and limiting time in the sun between 10 a.m. and 4p.m.

This is a message from **[name of school’s]** Sun Safety Program, a program designed to help teach good sun habits to our children, which they will hopefully learn early and practice for a lifetime. Parents are the best teachers!!!

Adapted from the Massachusetts Department of Health’s Ban the Burn Community Resource Guide developed through a cooperative agreement with the Centers for Disease Control and Prevention.

Sample Sunscreen Letter

Dear Parent,

At **[name of school]** we want to keep your child sun safe! Did you know that sunburns experienced in childhood have been linked to the development of skin cancer later in life? Overexposure to the sun's harmful ultraviolet rays may lead to skin cancer, cataracts, and other related illnesses. These can be prevented by practicing the following behaviors consistently:

- Wearing sunscreen of a Sun Protection Factor (SPF) of 15+
- Limiting sun exposure during peak hours of 10 a.m. and 4 p.m.
- Covering up with long-sleeved shirts, hats, and sunglasses
- Seeking shade whenever possible

These are a few of the lessons your child will learn as **[name of school]** becomes a Sun Safe School.

In our effort to be "Sun Safe" we are instituting a Sun Safe policy at **[name of school]**. We want all of our children to wear sunscreen throughout the day and to come to school with a hat, long-sleeve shirt (when suitable), and sunglasses. Please label each with your child's name.

We will be starting activities on **[date]** about the sun, ozone, and UV Index. It will include games and activities about sun protection. Our goal is to teach the children that the sun is fun when you protect yourself from harmful burning rays. We intend to monitor the children's time outdoors in direct sunlight and provide shade structures for them to use when outdoors.

Attached is a permission form to enable school staff to assist your child in applying sunscreen during the school day. We ask that you apply the first coat of sunscreen before your child arrives at school. At mid-day, we will have them apply another coat of sunscreen. Each child should bring his or her own bottle of sunscreen with an of SPF 15 or higher by **[date]**. Please label the sunscreen with you child's name. Please test the sunscreen for skin allergies before applying it to the child.

Please help us protect your child from sunburns. What you do now can make a big difference for your child later in life. If you have any questions, please contact **[teacher's name/principal's name]** at **[phone number]**.

Sincerely,

[your name]



Sunscreen Permission Slip Form

Date: _____

Name of Child: _____ Birthdate _____

Name of Sunscreen product and SPF number: _____

Does your child have allergies to sun protection products? _ YES _ NO

If yes, name the product: _____

Your child's teacher will assist the students with applying sunscreen to bare skin surfaces, including the face, tops of ears, and bare shoulders, arms, and legs when outdoor activities in direct sunlight are scheduled.

Parent Signature: _____

Special Instructions:

_____ In the event that my child's sunscreen is not readily available, my child may use sunscreen provided by the school: **[sunscreen brand and name]**

_____ I do not want my child to use any sunscreen other than the one he/she brings.

Sample Sun Safety Policy

[School name] will provide parents information on the risks of overexposure to the sun and a description of sun safety steps to prevent overexposure.

Parents are **[requested/required]** to provide protective clothing for children. Tightly-woven, loose fitting, light-weight cotton clothing is best for sun protection.

Parents are **[requested/required]** to provide a hat for each child. The hat should have at least a one inch brim and provide protection from the sun for the child's face, nose, neck, and ears. Parents must clearly mark the child's first and last name on the hat. Students must take the hats home weekly to be cleaned.

[School name] will provide students with a place to store their hat and remind children to wear their hat when going outside.

Parents must provide a pair of sunglasses for the child and label them with student's name. Students should take the sunglasses home daily **[or school offers to store them.]**

[School name] will encourage the students to use the protective clothing, hats and sunglasses. Parents are **[requested/required]** to apply sunscreen before the student arrives to school.

[School name] will assist students with applying sunscreen at mid-day if the permission slip has been completed and returned.

Sample Letter to School Board

Dear [Local Representative or School Board Member]:

The Sun Safety Program offers an important opportunity to promote the healthy development and education of our children as well as their families. Approximately 50 schools across the United States have been chosen to pilot the Sun Safety Activities. I am writing today to ask for your support in efforts to reduce the incidence of health effects from overexposure to the sun and to endorse the efforts of the Sun Safety in our school.

With one in five Americans developing skin cancer, childhood education about sun safety is a vital step towards reducing risk and improving the health of the school's children and community. Children are highly susceptible to harmful ultraviolet (UV) radiation since 80 percent of lifetime sun exposure occurs before the age of 18. Just one or two blistering sunburns in childhood may double the risk of developing melanoma, the deadliest form of skin cancer. Besides the immediate effect of sunburn, excess UV radiation can cause skin cancer, eye damage, and immune suppression.

The National Safety Council's Environmental Health Center developed this environmental and public health education guide. The Sun Safety Activity Guide aims to teach elementary school children and their caregivers how to protect themselves from overexposure to the sun. The program is supported by national organizations and government agencies, including

- The American Cancer Society
- The American Academy of Dermatology
- U.S. Environmental Protection Agency
- The Skin Cancer Foundation
- The Centers for Disease Control and Prevention
- The National Association of Physicians for the Environment

Our aim is to make **[name of school]** a Sun Safe School. To accomplish this goal, we need your help. Enclosed is an overview of sun safety behaviors, policies, and activities. Please feel free to contact me at **[phone number]** should you have any questions.

Thanks in advance for your consideration.

Sincerely,

[your name]

VIII. Sun Protection Resources

Sun Protection Resources

Organizations

American Academy of Dermatology
P.O. Box 4014, N. Meacham Road
Schaumburg, IL 60173
<http://www.aad.org>

American Academy of Pediatrics
141 Northwest Point Blvd.
P.O. Box 927
Elk Grove Village, IL 60009-0927
<http://www.aap.org>

American Association for Health Education
1900 Association Drive
Reston, VA 20191
<http://www.aahperd.org>

American Cancer Society
1599 Clifton Road, NE
Atlanta, GA 30329
<http://www.cancer.org>

American Health Foundation
One Dana Road
Valhalla, New York (914) 592-2600
<http://www.ahf.org>

American Skin Association
150 East 58th Street, 33rd Floor
New York, NY 10155
(212) 753-8260
<http://www.skinassn.org>

Cancer Care, Inc./Melanoma
1180 Avenue of Americas
New York, New York 10036
(800) 813-4673
<http://cancercareinc.org/campaigns/frontpage.htm>

Cancer Research Foundation of America
1600 Duke Street
Alexandria, VA
(703) 836-4412
<http://preventcancer.org>

Dermatology Foundation
1560 Sherman Avenue
Evanston, IL 60201-4808
<http://www.dermfnd.org>

National Safety Council
Environmental Health Center
1025 Connecticut Avenue, NW, Suite 1200
Washington, DC 20036
(800) 557-2366 #2
<http://www.nsc.org/ehc/sunsafer.htm>

National Association of Physicians for the Environment
6410 Rockledge Drive, Suite 412
Bethesda, MD 20817-1809
(301) 571-9790
<http://www.napenet.org>

The Skin Cancer Foundation
245 Fifth Avenue, Suite 1403
New York, NY 10016
<http://www.skincancer.org>

Government Agencies

Centers for Disease Control and Prevention
Division of Cancer Prevention and Control
4770 Buford Highway, MS K-57
Chamblee, GA 30341-3724
<http://www.cdc.gov>

Federal Trade Commission Consumer Response Center
Washington, DC 20580
(202) 326-2222
<http://www.ftc.gov>

Health Net Australia/State Government of Victoria Public
Health Division
<http://hna.ffh.vic.gov.au/phb>

National Aeronautics and Space Administration (NASA)
Upper Atmosphere Research Program
300 E. Street, SW
Washington, DC 20546
(202) 358.1700
<http://www.nasa.gov>

National Cancer Institute
<http://cis.nci.nih.gov>
(800)4-CANCER
(800) 422-6237 Cancer Net
<http://www.cancernet.nci.nih.gov>



National Health Information Center
P.O. Box 1133
Washington, DC 20013-1133
(301) 565-4167
<http://nhic-nt.health.org>

National Institutes of Health
<http://www.nih.gov>

National Library of Medicine
8600 Rockville Pike
Bethesda, MD 20894
(888) FIND-NLM
(301) 594-5983 (local and international calls)
<http://www.nlm.nih.gov>

The U.S. Department of Health and Human Services

Office of Health Promotion and Disease Prevention
Healthy People 2010
200 Independence Avenue, SW
Washington, D.C. 20201
(202) 619-0257, Toll Free: (877) 696-6775
<http://web.health.gov/healthypeople>

United States Environmental Protection Agency

SunWise School Program
1200 Pennsylvania Ave, NW, (6205J)
Washington, DC 20460
(202) 564-9096
<http://www.epa.gov/sunwise>

Ozone depletion
<http://www.epa.gov/ozone>

Stratospheric Protection Hotline (800) 296-1996

National Oceanic and Atmospheric Administration (NOAA)
14th and Constitution Avenue, NW
Washington, DC 20230
(202) 482-3436
<http://www.noaa.gov>

National Science Foundation
4201 Wilson Blvd.
Arlington, VA 22230
(703) 306-1234
<http://www.nsf.gov>

Science and Environmental Organizations

Aspen Global Change Institute
100 East Francis Street
Aspen, CO 81611
(970) 925-7376
<http://www.gcio.org/agci-home.html>

Environmental Defense Fund
257 Park Avenue, South
New York, NY 10010
(215) 505-2100
<http://www.edf.org>

Environmental Education Network
The EnviroLink Network
5808 Forbes Ave.
Second Floor
Pittsburgh, PA 15217
(412) 420-6400
<http://www.envirolink.org/enviroed>

Environmental Policy Institute
218 D Street, SE
Washington, DC 20003
(202) 216-0853

National Wildlife Federation
8925 Leesburg Pike
Vienna, VA 22184 (703) 790-4000
<http://www.nwf.org>

Sierra Club
408 C. Street, NE
Washington, DC 20002
(202) 547-1141
<http://www.sierraclub.org/>

The Skies Above Foundation
903 Dawn Lane
Victoria BC Canada V9B5A6
(205) 391-9223
<http://www.islandnet.com/~skies>



Sun Protection Campaigns and Programs National Level

SunSmart-Campaign,
Council of Victoria
1 Rathdowne Street
Carlton South, Victoria 3053
Australia
6103 9635 5000

Slip!Slop!Slap! American Cancer Society,
Skin Protection Federation (SPF)
1599 Clifton Road, NE
Atlanta, GA 30329
<http://www.cancer.org>

National Coalition for Skin Cancer Prevention
in Health, Physical Education, Recreation,
and Youth Sports
American Association for Health Education
1900 Association Drive
Reston, Virginia
(703) 476-3437
<http://www.sunsafety.org>

National Coalition for Sun Safety
American Academy of Dermatology
P.O. Box 4014
N. Meacham Road
Schaumburg, IL 60173
<http://www.aad.org>

“Block the Sun, Not the Sun” Educational Program
American Academy of Dermatology
P.O. Box 4014
N. Meacham Road
Schaumburg, IL 60173
<http://www.aad.org>

National Skin Cancer Prevention Education Campaign
Centers for Disease Control and Prevention
Division of Cancer Prevention and Control
4770 Buford Highway, MS K-57
Chamblee, GA 30341-3724
(770) 488-4751
<http://www.cdc.gov>

National Council on Skin Cancer Prevention
Centers for Disease Control and Prevention
Division of Cancer Prevention and Control
4770 Buford Highway, MS K-57
Chamblee, GA 30341-3724
(770) 488-4343
<http://www.cdc.gov>

“Choose Your Cover” Media Campaign
Centers for Disease Control and Prevention
Division of Cancer Prevention and Control
4770 Buford Highway, MS K-57
Chamblee, GA 30341-3724
(770) 488-4751
<http://www.cdc.gov>

Sunny States of America Program
The Skin Cancer Foundation
245 Fifth Avenue, Suite 1403
New York, NY 10016
(212) 725-5176
<http://www.skincancer.org>

“Practice Safe Sun Daily” Public Service Campaign
The Skin Cancer Foundation and Mustela
245 Fifth Avenue, Suite 1403
New York, NY 10016
(212) 725-5176
<http://www.skincancer.org>

“Play it Safe in the Sun”
The Skin Cancer Foundation
245 Fifth Avenue, Suite 1403
New York, NY 10016
(212) 725-5176
<http://www.skincancer.org>

Healthy Start PreSchool Curriculum
American Health Foundation
One Dana Road
Valhalla, New York
(914) 592-2600
<http://www.ahf.org>

Sun-Safe School Guide,
AMC Cancer Research Center
1600 Pierce Street
Denver, CO 80124
(800) 321-1557
<http://www.amc.org>

Project Safety Describes curriculum materials



you could purchase to support your study of skin cancer.

www.mdacc.tmc.edu/~safety/Elem.html

State or local Sun Protection Resources

California Department of Health Services
Skin Cancer Prevention Program
P.O. Box 942732, MS-662
Sacramento, CA 94234-7320
(916) 322-2154

Massachusetts Department of Public Health
250 Washington Street, 4th Floor
Boston, MA 01208-4619
(617) 624-5448

San Diego State University
SunWise Stampede
Program Graduate School of Public Health
9245 Sky Park Court, Suite 221
San Diego, CA 92123
(619) 594-7916

Coalition for Skin Cancer Prevention in Maryland Medical
and Chirurgical Faculty of Maryland
1211 Cathedral Street
Baltimore, MD 21201
(410) 539-0872

American Skin Association
New York Academy of Medicine
Office of School Health Programs
1216 5th Avenue
New York, NY 10029-5293
(212) 822-7265

Sun Protection Books

"*Your Skin & the Sun*" Lifetime Learning Systems, Inc., Fairfield, CT & Johnson & Johnson Baby Products Co., Skillman, NJ, 1987.

Silver, Donald M. & Wynne, Patricia J. *The Body Book*. Scholastic, New York, 1993.

Allison, Linda & Katz, David. *Blood & Guts*. Scholastic, New York, 1977.

Tillman, Ph.D., Kenneth G. & Toner, M.E.D., Patricia Rizzo. *How To Survive Teaching Health*. Parker Publishing Co., West Nyack, 1990.

Elgin, Kathleen. *The Human Body: The Skin*. Franklin Watts, New York, 1977.

Showers, Paul. *Your Skin and Mine*. Harper & Row, Pub. 1965.

Jennings, Terry. *The Human Body*, Childrens' Press, Chicago.

Parker, Steve. *The Marshall Cavendish Science Project Book of the Human Body*. The Marshall Cavendish Limited, 1989.

Poole, C. *Melanoma: Prevention, Detection & Treatment*. New Haven: Yale University Press, 1998.

Robbins, M.D., Perry. "*Sun Sense*."

Softkey, *Bodyworks 5.0* Compact Disc.

Queue, *Learning About the Human Body 2.0* Compact Disc.

D.K. Multimedia, *The Ultimate Human Body 2.0* Compact Disc.

A Blueprint for Community Action, The Skin Cancer Foundation, Inc., 1992.

Ozone Layer Educator's Guide, The United States Environmental Protection Agency.

Reports to the Nation, *Our Ozone Shield, Fall 1992, No.2*.

Environmental Education Materials: Guidelines for Excellence, North American Association for Environmental Education, 1996.

Children's Books Related to Sun Protection

Ackerman, A. Bernard. *Your Skin is Showing*. Massin Publishing USA Inc., New York, NY, 1979.

Anholt, Catherine and Laurence. *Sun and Stars, Snow and Sky*. Penguin Group, New York, NY, 1995.

Arnold, Carolyn. *Sun Fun*. Franklin Watts, New York, NY, 1981.

Asch, Frank. *Bear Shadow*. Simon and Schuster, Inc., New York, NY, 1985.

Clamenson, S. *My Book of the Seasons*.

Gore, Sheila. *My Shadow*. Doubleday, New York, NY, 1989.

Melbourne, Constance. *Let's Look at the Sunshine*. The Bookright Press, New York, NY, 1988.

Orii, Eiji, and Orii Masako. *Simple Science Experiments with Light*. Gareth Stevens Children's Books, Milwaukee, WI, 1989.

Oxenbury, Helen. *Tom and Pippo at the Beach*. Candlewick Press, New York, NY, 1992.

Pearson, S. *My Favorite Time of the Year*.

Robins, M.D., Perry. *Play it Safe in the Sun*.

Rockwell, Anne and Harlow. *At the Beach*. Simon & Schuster Children's Publishing Division, New York, NY, 1987.

Sun Protection and Science Resources Available on the Web

Introduction to Skin Cancer is a great place to start. Includes basic information about skin cancer, causes, how to determine your personal level of risk, and daily UV forecasts.

<http://www.maui.net/~southsky/introto.html>.

AAD: *Skin Cancer News* includes links titled "What is skin cancer," "Safe Sun Tips," and "SkinSavvy News." A great place to get a variety of information. *Families Frying Together...* discusses the sunbathing habits of parents and children. *Skin Trauma: A Tan is an Early Warning Sign* tells why our skin tans and the long term effects of tanning. *Malignant Melanoma: One Person an Hour Dies...* provides attention grabbing statistics on this deadly disease.

<http://www.aad.org/skincnrUpdates.html>.

American Cancer Society: Skin Protection Federation includes information about skin cancer prevention, detection and treatment, easy to understand information for kids on why and how to protect from UVB exposure.

<http://www.cancer.org>

SunSmart discusses levels of risk for skin cancer, types of skin cancer, how the time of day and location effects exposure to UV rays.

<http://www.cyberg8t.com/sunsmart/>.

Seven Steps to Safer Sunning is an article provided by the U.S. Food and Drug Administration (FDA). Information about how to prevent overexposure to the sun, problems with artificial tanning, and whose most at risk.

http://www.fda.gov/fdac/features/596_7sun.html

Thwarting Skin Cancer with Sun Sense is an article provided by the U.S. Food and Drug Administration (FDA). Great information about UV rays including rating scale, and problems with sunlamps as an alternative tanning method.

http://www.fda.gov/fdac/features/695_skincanc.html.

Skin Cancer Zone is another good overview site with information about what skin cancer is, how it can be prevented and treated. The "about skin cancer" link includes background information with an illustration and description of parts of the skin.

<http://www.skin-cancer.com/>.

Everything Under the Sun gives details about sunburns vs. suntans, how different types of skin react to the sun, skin care, and more.

<http://healthed2.shs.vt.edu/suninfo.html>

Families Frying Together... discusses the sunbathing habits of parents and children.

<http://www.aad.org/SkinCancerNews/pr/familyfrys.html>

Skin Trauma: A Tan is an Early Warning Sign tells why our skin tans and the long term effects of tanning.

<http://www.aad.org/PressReleases/PHOTOAGE.html>

Malignant Melanoma: One Person an Hour Dies... provides attention grabbing statistics on this deadly disease.

<http://www.aad.org/SkinCancerNews/pr/rigel.html>

Why Do I Need Surgery? explains the process of surgery for removing skin cancer.

http://www.capederm.com/info_why_do_i_need_surgery.htm

Skin Cancer is a site provided by the Garrison-Foster Health Center. It includes a discussion on the accumulating effects of sun, tanning parlors, and preventive measures.

http://www.colby.edu/health.serv/health_matters/skincancer.html

Skin Structure and Function.

<http://www.medicine.dal.ca/smed/sgb/dermsite/structure.html>

UV Index United States Map displays UV levels geographically. Look for patterns in the distribution of UV levels.

http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/uvi_map.gif.

SEDAC: Stratospheric Ozone and Human Health Project home page: provides a good overview and pictures of the ozone and ozone depletion.

<http://sedac.ciesin.org/ozone/>.

Ozone Depletion provides overview information on the ozone and global climate warming.

<http://www.geocities.com/RainForest/Vines/4030/>.

Science Learning Network.

<http://www.SLN.Org/>.

Discovery Channel.

<http://www.discovery.com/>.

The Old Farmer's Almanac is a great resource to look at for weather trends, UV Index and making comparisons.
<http://www.almanac.com/>.

The Sun and Skin Cancer is a collaborative project between Carrollton High School and the Hult Health Museum. The purpose is to provide access to information about the sun, UV rays, and skin cancer.
<http://www.carrollton.greene.k12.il.us/websun/Index.htm>.

South Pole Adventure Page has games for kids about the South Pole and the ozone hole.
<http://www.southpole.com/>.

GLOBE SCHOOLS is a worldwide network of students, teachers, and scientists working together to study and understand the global environment.
<http://www.southpole.com/>.

FOR KIDS! by the National Wildlife Organization is a kids' page with games, cool tours of wildlife tracks and Ranger Rick.
<http://www.nwf.org/kids/>.

On the Trail to the Missing Ozone is a story that introduces ozone depletion, its causes and effects, and some solutions to the problem.
<http://www.epa.gov/ozone/science/missoz/missoztx.html>.

Windows to the Universe is a user-friendly learning system on Earth and Space sciences for the use of the general public. Provides great myths about the sun for the beginner, intermediate, and advanced grade levels.
http://www.windows.umich.edu/about_windows.html.

California Early Childhood Sun Protection Curriculum includes skin cancer prevention background information for child care staff along with 20 sun safety activities that young children can do at a child care site or at home. Includes a sun safety poster featuring "Alex the Alligator" and a sun protection policy template called "Guidelines for Outdoor Play."
<http://www.ca5aday.com/programs/skin/skin.htm>.

Other Resources

Community Tool Box suggests ways to promote community health and development by connecting people, ideas, and resources. It provides examples of how communities have worked together on issues and how to write grants.
<http://ctb.ukans.edu>.



IX. References

References

American Academy of Dermatology, 1999. Altitude increases sunburn risk.

American Academy of Ophthalmology. 1997. Ocular hazards of UV exposure.

American Academy of Dermatology, 1996. Ultraviolet Index: what you need to know.

American Academy of Dermatology, 1994. The sun and your skin.

American Association for Health Education. 1998. Summary of the National Forum for Skin Cancer Prevention in Health, Physical Education, Recreation, and Youth Sports.

American Cancer Society. 1998. Facts on skin cancer.

AMC Cancer Research Center. 1998. Sun-Safe School Guide.

Anti-Cancer Council of Victoria. 1994. SunSmart: Fun for Everyone.

Centers for Disease Control and Prevention. 1998. Choose your cover.

Environmental Protection Agency, 1998. Skin Cancer know your risks.

Environmental Protection Agency. 1995. Health effects of overexposure to the sun.

Environmental Protection Agency, 1995. What is the ultraviolet (UV) index?

Environmental Protection Agency, 1995. Ozone depletion.

Environmental Protection Agency, 1995. Sun protection for children.

Environmental Protection Agency, 1995. Action steps for sun protection.

Environmental Protection Agency, 1995. UV radiation

Environmental Protection Agency. Ozone layer educator's guide.

Environmental Protection Agency. Ozone science: the facts behind the phaseout.

Environmental Protection Agency. 1998. Methyl Bromide Update. Stratospheric Update: An Update on Ozone Protection Progress.

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